



F.E.A.R.

Millions of dollars have been made on fears! Nearly every negative problem, situation, or anything has its roots in fear. Books, movies, stories, mental problems, and so forth are often built over basements flooded by fears. Did you know that anxiety couldn't exist without its bedmate – fear? Get rid of fear, and you dissolve the chains of anxiety – forever! If this is true, we should know what fear is, how to identify it, and then, how to remove it.

I love the acronym that describes what fear really is: ***F.E.A.R.*** – ***False Evidence Appearing Real.*** While most fears appear as tangible as your morning bowl of cereal,



they are ALWAYS far from that. They are never real. By the way, I'm not talking about innate fears designed to save your life. I'm talking about the phobias that keep you up at night, the ones that keep you locked in a dark room, hidden far away from the normal streams of living you wish you floated upon, and the ones that destroy real and vital relationships. These fear-based mental explorations are ALL fake, false, untenable, material-less, unfounded. They are vapors, wisps of nothing,

breeding grounds for lifeless seeds, concrete sponges, cloth chains, dead batteries. They are never real!

If you want to tackle your fearful dilemmas, **START WITH GOD!**

(Psa 34:4-6) I sought the LORD, and he heard me, and delivered me from all my fears.

Take your F.E.A.R. (what does that acronym mean?) to God as soon as it starts. He will hear you. He will deliver you. But, you have to take it to him first. ***You have to seek God's deliverance from that sleepless night, that dark room, that living stream called***

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life. Millions of people seek God every day. Why not you? Why not allow him to help you? When you seek God, don't think he will do things on YOUR timetable. He'll do it on his, his way. It won't be because you scream at him like you scream at yourself. It will be in his own, quiet and peaceful way. It won't be with your tried and failed methods. It will be with his brilliantly powerful, and far different means. You can't dictate how God will move, work, or otherwise intervene. But you CAN seek him and believe that he will deliver you. Just do this part and leave the driving up to him. Get ready for an amazing experience!

(Psa 45:1) To the chief Musician upon Shoshannim, for the sons of Korah, Maschil, A Song of loves. My heart is inditing a good matter: I speak of the things which I have made touching the king: my tongue

is the pen of a ready writer.

Let's pay attention to one word in this verse – inditing. I love this word. It means, "gushing." I've also seen it translated "bubbling." This is how I translate it. "My heart is bubbling." Friends, our heart bubbles all the time with good and bad thoughts. This verse focuses on good things, but F.E.A.R. is bad and you know, all too well, that your heart starts a bubbling process with one small thought. Before you know it, your level one or two anxiety has grown to heights unknown. If you want to stop it, you've got to arrest it at the initial bubbling stages. Identify the bubbling, the feeling that comes when a trigger is clicked in your head. What triggers you? Write a list. People, sights, sounds, phrases, bad habits, etc. Stay away from triggers until you know how to deal with anxieties. I'm not a Psychologist. If you have a

serious anxiety issue, get some help. Go to a counselor. *You don't need medicine. You need a new way to think.* Once you understand that F.E.A.R. is ALWAYS false, never true, you need to push yourself to identify the bubbles. As soon as they start, do something. Get away from that dark trigger and tell yourself that you will stay away from it until you can handle your anxieties much better. Seek counseling if you need to, but don't stay in that dark room any longer!

Here's what you can expect in very short order if you do this:

Psalm 34:5-6 {5} They looked unto him, and were lightened: and their faces were not ashamed. {6} This poor man cried, and the LORD heard him, and saved him out of all his troubles.

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Now that is beautiful, isn't it? You say, 'Jerry, you really don't understand how troubled I am. You make it sound so simple. I've had my fears and anxieties for decades and they are not going to go away like you say. Why, I haven't slept a decent night's sleep in decades unless I dope myself with every known sleeping pill. Jerry, you really don't know me well enough to say what you are saying!' HAHHAHAHAHAHA. If you think this, the joke's on you, not me. God does work. Fear is always the epitome of falseness. It is the flag of demise. It is the banner covering the devil himself.

People are destroyed by fear's brutality. It pulverizes living souls. It suffocates human lives. It separates the deepest of loves.

(2 Cor 7:5) For, when we were come into Macedonia,

our flesh had no rest, but we were troubled on every side; without were fightings, within were fears.

The Corinthian believers were not strangers to F.E.A.R.s grasp. It ran rampant among them. Their fellowships harbored it, their families clung to it, and their survival was struck down by it. Never underestimate the power of something so fake, false, and exist-less (I made this word up just for you.) ***F.E.A.R. destroys, but God heals and comforts.***

Seek him!

(2 Cor 7:6) Nevertheless God, that comforteth those that are cast down, ...

Entire cities have been destroyed by F.E.A.R.

(Jer 49:24) Damascus is waxed feeble, and turneth

herself to flee, and fear hath seized on her: anguish and sorrows have taken her, as a woman in travail.

I don't think I need to explain this verse, but understand. It can, and maybe already has, happen to you. If you are controlled by fear, do something about it. Take the Foundational class on the RBRC.US website. The first section teaches about fear and how to remove it. If you have already taken the class, yet are now controlled by fear, get serious and apply what the class taught you. Remember, the joke's on you if you stay in the dark room. Do something about it – NOW!

I love you very much and want God's best for you. But some battles must be fought alone. This one requires that you do your part (that's the alone part). The support is there – these

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teachings, the Foundational class on the rbrc.us website, professional counseling, etc.

F.E.A.R. is ALWAYS false no matter what you tell yourself.

Believe this and join the millions before you who also have.

Much love in Christ,

Jerry D. Brown